Should I worry about exercise?

J O W T E I D I Q D C
T H V I G O R O U S U
W G Q E S A L R B L H
L G U E X S W S B X T
H L E T S E E W N W L
Y A V A U U R N S N A
K R P R C T X C T P E
Z E C E C A U B I I H
L N V D E P W A F S F
I E L O S Y J E L W E
W G W M S M W X D Z Z

Can you unscramble the words and find them in the wordsearch?

The things that we eat and drink for our ________ (iedt)

Activity that requires physical effort to improve or maintain our health and fitness. ___________ (sxeicree)

How we measure our ability to complete tasks and our level of health. _______________ (sfntinse)

Another way of saying 'overall' or 'in most circumstances'. It's also a military rank. ____________ (eerngla)

Our mental or physical condition. Being free from illness or injury. ____________(thelah)

Average in amount, intensity, quality, or degree. Not too fast, difficult, or extreme and not too slow, easy, or calm. (dreomtea)

Achieving an aim or purpose. ____________ (ecscsus)

Involving physical strength, effort, or energy. A more ____________ exercise would be harder work. (sroigovu)